

After-Thanksgiving Turkey and Pasta Bake

(makes 6 servings)

- refrigerated butter-flavored cooking spray
- 12 ounces (360 g) penne pasta
- 2 cups (360 g) cooked turkey meat, cut into 1 inch (2.5 cm) cubes
- 2 cups (412 g) drained no-salt-added canned Italian plum tomatoes, coarsely chopped
- 1 8-ounce (240 g) container nonfat cottage cheese
- 1/2 cup (56 g) shredded reduced-fat sharp cheddar cheese
- 4 scallions, including some green tops, chopped
- 1 teaspoon (5 ml) crushed dried basil (Italian) or 1 teaspoon (5 ml) crushed dried oregano (Mexican)
- 1/2 teaspoon (2.5 ml) crushed dried oregano (Italian) or 1/2 teaspoon (2.5 ml) ground cumin (Mexican)
- 1/3 cup (36 g) unseasoned dried bread crumbs
- 2 tablespoons (9 g) chopped flat-leaf parsley (Italian) or 2 tablespoons (9 g) chopped fresh cilantro (Mexican)

1. Preheat oven to 350°F (180°C), Gas Mark 4. Lightly coat a 9 X 13-inch (22.5 X 32.5 cm) casserole with cooking spray.
2. Cook pasta according to package directions to al dente, about 10 minutes. Drain well and return to cooking pan. Stir in turkey and tomatoes. Spread mixture in bottom of prepared casserole.
3. In a small bowl, combine cottage cheese, cheddar cheese, scallions, basil (or oregano), and oregano (or ground cumin). Mix well. Spread mixture over the turkey mixture, smoothing with the back of a spoon. Toss bread crumbs with parsley (or cilantro) and sprinkle over the top.
4. Bake until casserole is hot and bubbly, about 30 minutes. Serve at once.

Per serving: 387 calories (13% calories from fat), 31 g protein, 5 g total fat (2.1 g saturated fat), 53 g carbohydrate, 3 g dietary fiber, 44 mg cholesterol, 248 mg sodium

Diabetic exchanges: 3 very lean protein, 3 1/2 carbohydrate (3 bread/starch, 1 vegetable)

